

SPAR WARS STRIKER SERIES RULES AND REGULATIONS

CITY CHAMPIONSHIPS RULES AND REGULATIONS **CONTINUOUS KICKBOXING & MODIFIED MUAY THAI**

1. REFEREE AND OFFICIALS

- 1.1 The referee is the highest authority of the match. If the referee determines there is a lack of control, a lack of sportsmanship or a competitor is in danger or endangering others, then the referee has full authority to stop the match and disqualify one or both competitors without appeal.
- 1.2 Children and Youth Divisions will have a minimum of one center referee
- 1.3 Adult Novice Divisions will have a minimum of one center referee
- 1.4 Intermediate & Advanced Modified Muay Thai will have a minimum of two corner judges and one referee
- 1.5 Judges are volunteers and will represent various academies when possible
- 1.6 Judges will wear a traditional uniform from their club or a volunteer t-shirt with black pants

2. COMPETITORS

- 2.1 Competitors must be within their weight limit or they will be disqualified. Weigh-ins will take place at the venue the same day as the tournament. Competitors will weigh-in with their t-shirt, Thai shorts and groin cup on. There will be no weight allowance for the uniform.
- 2.2 Boxing glove minimum sizes are listed below:

DIVISION	MINIMUM GLOVE SIZE
Adult Male 154.6lbs & up	16oz
Adult Male 154.5 lbs & below	14oz
Adult Female 129lbs & up	14oz
Adult Female 129lbs & below	12oz
Youth Age 13-15	12oz
Youth Age 11-12	10oz
Youth Age 9-10	8oz
Children Age 8 & under	6oz

- 2.3 Shin guards with foot covering are mandatory. Vinyl, leather or cloth shin protection are all acceptable.
- 2.4 Head protection is mandatory. (For adult intermediate & advanced divisions, competitors are required to use headgear manufactured for kickboxing or boxing. Foam headgear for these divisions is not permitted.)
- 2.5 Mouth protection (gum shield) is mandatory
- 2.6 Groin cups are mandatory for males and recommended for females.
- 2.7 No adhesive, rough, torn uniform or clothing or loose equipment will be permitted.
- 2.8 Protective gear shall not contain metal or hard plastic substances of any sort.
- 2.9 Competitors with long hair must tie it behind their head.
- 2.10 Fingernails must be filed properly and cut short.

- 2.11 No jewellery is permitted while competing.
- 2.12 A freshly washed shirt and shorts must be worn.
- 2.13 Loose shirts must be tucked in. If your clothing becomes bloodied or torn, you will be asked to replace it immediately or forfeit the match. All patches must be secure and free of any loose threads.

DEFINITION OF SKILL LEVELS FOR ADULT DIVISIONS IN KICKBOXING / MUAY THAI DIVISIONS

The essence of competition relies on the fairness of the contest. We encourage competitors to enroll in the division that offers the greatest challenge. Regardless of your rank in other martial arts, the time spent training in striking is most important in determining your division. By enrolling in a division that does not provide a sufficient challenge, you not only deny other competitors a fair match but yourself a chance for you to test your true abilities.

NOVICE: The Novice division is for competitors who have practiced striking for up to 1 year. Competitors in this division have a limited number of techniques. Should you not practice striking regularly, then the Novice division is appropriate for you. If you have been training for more than 1 year, have ever taught striking to others, or competed in several tournaments you do not qualify to compete in this division.

INTERMEDIATE: This division is for competitors with 1 to 3 years of experience. This division is for people that have competed in tournaments before and are comfortable with striking and basic clinch technique. Competitors should be able to move around well with good defensive and attacking skills and demonstrate a high level of control. Competitors who have previously won the Novice division must enrol in this level. Competitors with some tournament experience should enrol here.

ADVANCED: This division is for competitors with more than 3 years of experience. Competitors here are very comfortable with striking, clinch, balance and control. Individuals must possess a wide variety of techniques to attack and counter their opponents. Finesse, self-control, mental calmness and physical conditioning should be extremely present. Competitors who have competed in 6 or more tournaments, or had any kind of ring fight must enroll in this level.

3. SCORING

3.1 Scores will be awarded when the competitor shows:

- Control of Power and Accuracy
- Balance
- Sporting attitude
- Awareness
- Good timing
- Correct distance

3.2 Summary of techniques

<p>CHILDREN & YOUTH NOVICE DIVISIONS</p>	<p><i>Simulated</i> punches/kicks to the head are allowed No contact to the head Light contact punches to the body Light contact kicks to the body Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed) No elbow strikes</p>
<p>YOUTH INTERMEDIATE DIVISIONS</p>	<p>Light contact punches Light contact kicks to the body, no kicks to head Light contact kicks to the legs above the knee Clinch is allowed with light contact knees to the body Catching kicks is allowed but must immediately let go of leg No elbow strikes</p>
<p>ADULT NOVICE DIVISIONS</p>	<p><i>Simulated</i> punches/kicks to the head are allowed No contact to the head Light contact punches to the body Light contact kicks to the body Light contact kicks to the legs above the knee Clinch is allowed (no knee strikes allowed) No elbow strikes</p>
<p>ADULT INTERMEDIATE DIVISIONS</p>	<p>Light contact punches Light contact kicks to the body, no kicks to head Light contact kicks to the legs above the knee Clinch is allowed with light contact knees to the body Catching kicks is allowed but must immediately let go of leg No elbow strikes</p>
<p>ADULT ADVANCED DIVISIONS</p>	<p>Light contact punches Light contact kicks to the body, no kicks to head Light contact kicks to the legs above the knee Clinch is allowed with light contact knees to the body Sweeps / takedowns Catching kicks is allowed with strikes while holding leg Catching kicks is allowed with technical sweep/takedown No elbow strikes</p>

3.3 All children, youth and adult novice kickboxing divisions will be double elimination. All other divisions will be single elimination. The referee will NOT give an overview of the rules. It is the competitor's responsibility to review the rules themselves and bring up questions with their coach or email inquiries to arashido@hotmail.com.

4. LENGTH OF MATCHES

ALL DIVISIONS (Preliminaries & Semi-Finals)	ALL DIVISIONS (Finals)
1 round x 90 seconds	2 rounds x 1 minute

5. FOULS AND ILLEGAL TECHNIQUES

- 5.1 All striking techniques must be CONTROLLED with LIGHT CONTACT. Any intent to injure or knockout an opponent will result in a warning or immediate disqualification.
- 5.2 For ADVANCED DIVISIONS: Sweeps, takedowns or off-balancing must be executed within traditional Muay Thai rules. Any throw or takedown must emulate a kicking motion by the attacking competitor.
- 5.3 No judo throws, wrestling takedowns or trips are allowed.
- 5.4 No elbow strikes in any division
- 5.5 No striking to the joints.
- 5.6 No biting, hair pulling or eye gouging
- 5.7 No grabbing your opponents uniform or equipment
- 5.8 No techniques that involve hyper-extending joints
- 5.9 No holding your opponents head and striking.
- 5.10 No contact to the back of the head or back.
- 5.11 No uncontrolled or blind spinning techniques.
- 5.12 Competitors who intentionally demonstrate a lack of desire to engage in combat will receive a warning or a loss of points
- 5.13 Talking to, or goading the opponent, failing to obey the orders of the Referee, discourteous behaviour towards the Refereeing officials, or other breaches of etiquette.
- 5.14 For serious fouls, the first infraction results in a warning and the opponent is awarded a point. If blood is drawn then it will result in immediate disqualification. A second infraction will also result in *disqualification*